

## Finding Help

- Canadian Mental Health Association: [1-833-456-4566](tel:1-833-456-4566)
- Kids Help Phone: [1-800-668-6868](tel:1-800-668-6868)
- Parkdale Queen West Community Health Centre: [1-416-537-2455](tel:1-416-537-2455)
- Toronto Withdrawal Management System: [1-416-864-5040](tel:1-416-864-5040) // [1-866-366-9513](tel:1-866-366-9513)
- Assaulted Women's Helpline: [1-416-863-0511](tel:1-416-863-0511) // [1-866-863-0511](tel:1-866-863-0511)
- Distress Centre: [1-416-408-4357](tel:1-416-408-4357)

## Local Resources

- [AA online meetings](#)
- The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada: [1-855-242-3310](tel:1-855-242-3310)
- [LGBT Youth line](#): Youth Line offers confidential and non-judgmental peer support through our telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM
- [Parkdale Community Foodbank](#)
- [Friendly Neighbour Hotline](#): Seniors living in low-income housing in Toronto who need help with pickup and delivery of groceries and other household essentials during COVID-19, call [1-855-581-9580](tel:1-855-581-9580) (toll free, available in 180 languages)
- [Toronto Takeout/Delivery options](#)